

# Understanding Emotional Eating and How to Free Ourselves From its Hold on Us

Everyone experiences difficult emotions at some point or another. Often, this can lead us to eating food to avoid being with those unpleasant feelings. It could be so normal that we don't even know we're doing it! In this session, we will learn how to increase our awareness of how we experience difficult emotions. This will allow us to pause the automatic response of eating to help determine what we truly need in the moment.

In Understanding Emotional Eating, you will begin to:

- Understand how mindfulness plays a role in weight management
- Identify automatic pilot reactions to emotions
- Learn a mindfulness practice to help identify and "be with" emotions



## REGISTRATION INFORMATION

**Join us for our free Weight Balance For Life™ online session. Registration is easy!**

June Session: **Understanding Emotional Eating and How to Free Ourselves From its Hold on Us**

Dates and Times – Choose One:

**June 16th 11:00 am Arizona time**

**June 29th 12:00 pm Arizona time**

**ENROLLMENT IS LIMITED.** Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your "Unique ID" when prompted.

Please contact Tech Support at **1-855-211-1536** or [techsupport@emindful.com](mailto:techsupport@emindful.com) with any questions.

## COMING IN JULY

### **Stress Less, Live More™**

Improving Productivity and Performance with Emotional Intelligence & Mindfulness

Save the July Session Dates:

**July 20th 12:00 pm Arizona time**

**July 28th 11:00 am Arizona time**

### **Weight Balance for Life**

Time to Get Moving! Overcoming Obstacles to Becoming More Active

Save the July Session Dates:

**July 19th 1:00 pm Arizona time**

**July 27th 11:00 am Arizona time**

